PE 308 THEORY AND PSYCHOLOGY OF COACHING

Chapter 9
The Games Approach

KEY CONCEPTS

1. Techniques, or technical skills, are the specific procedures used to move one’s body to perform the task that needs to be accomplished.
2. Tactics, or tactical skills, are the decisions and actions of the players to gain an advantage over the opposing team or opponents.
3. The traditional approach to coaching emphasizes playing the game only after practicing the basic technical and tactical skills.
4. The games approach to coaching emphasizes learning the game through game like practice activities that create realistic and enjoyable learning situations.

SKILL VOCABULARY

Technique or Technical Skills – the specific procedures to move one's body to perform the task that needs to be accomplished.

Tactics or Tactical Skills – the decisions and actions of players in the contest to gain an advantage over the opposing team or players.

SKILL VOCABULARY

Skill – skill has two meanings. It may mean a task. “The skill of rifle shooting is unappreciated in the sport world.” You could easily substitute the word “task” for “skill” in this sentence. Skill also may mean the quality of a person’s performance at some task. “She demonstrates excellent shooting skill,” uses “skill” to mean the “quality” of the shooter’s performance.

Strategy – a plan of action for your team for a season or series of contests. Your strategy is a plan of action based on the talent of your team and what you expect will be the attributes of your competition to give you the best chance of success.

THE TRADITIONAL APPROACH

1.Disadvantages of the Traditional Approach

a. Overemphasis on technical skills
b. Overemphasis on direct instruction
c. Mindless drilling
d. Boredom

THE GAMES APPROACH

1.Holistic Approach

2. Incorporating Methods of the Games Approach
    a. shaping play
    b. focusing play
    c. enhancing play

3. Advantages of the Games Approach
    a. motivating athletes
    b. athlete centered rather than coach centered